

MILWAUKEE COUNTY

MEALS ON WHEELS



MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MEALS ON WHEELS 414-358-6527</p>	<p>Pepper Steak ¹ w/Tomato, Peppers, Onions Buttered Noodles Stir-Fry Vegetables Vienna Bread Mandarin Oranges</p>	<p>Vegetable Lasagna ² Italian Beans Mixed Greens w/Cucumber, Tomato Salad Dressing Garlic Bread Cinnamon Apple Slices</p>	<p>Teriyaki Chicken ³ Leg/Thigh Blended Rice Oriental Vegetables Baking Powder Biscuit Spice Cake ♥ Fresh Pear</p>	<p>Stuffed Salmon Boat ⁴ Dill Sauce Quartered Red Potatoes Brussels Sprouts Multi-Grain Bread Sliced Peaches</p>
<p>Roast Beef & Gravy ⁷ Coney Bun Tater Tots Winter Squash Applesauce M & M Cookie ♥ Grape Juice</p>	<p>Smothered Pork Chop ⁸ Wild Rice Blend Mixed Vegetables Whole Grain Bread Rice Krispie Treat ♥ Pear Slices</p>	<p>Chicken Supreme ⁹ Fresh Sweet Potato Spinach Salad/Dressing Whole Wheat Dinner Roll Oatmeal Raisin Cookie ♥ Raisins</p>	<p>Salisbury Steak ¹⁰ Gravy Mashed Potatoes Sweet Peas Vienna Bread Red Delicious Apple</p>	<p>Baked Fish ¹¹ Lemon Sauce Au Gratin Potatoes Wisconsin Vegetables Dinner Roll Grapes</p>
<p>Pub Burger ¹⁴ Sesame Bun Whole Kernel Corn Baked Beans Chips Coconut Pie ♥ Fruit</p> 	<p>Turkey Tetrazzini ¹⁵ Green Beans Pickled Beets Poppy Seed Roll Granny Smith Apple</p>	<p>BBQ Pulled Pork ¹⁶ Whole Grain Bun American Fried Potatoes Country Style Vegetables Mixed Fruit Cup Cereal Bar ♥ Banana</p>	<p>Irish Stew ¹⁷ Braised Cabbage Boiled Red Potatoes Marble Rye Bread Shamrock Cookie ♥ Pear</p> <p>St. Patrick's Day</p>	<p>Seafood Salad ¹⁸ on Leaf Lettuce Pasta Salad Baby Carrots Split-Top Dinner Roll Tropical Fruit Cup</p>
<p>Hot Ham & Cheese ²¹ Kaiser Roll German Potato Salad Calico Beans Orange Juice Blondie ♥ Fruit</p>	<p>Oven-Fried Chicken ²² Roasted Potatoes Creamed Spinach Dinner Roll Snickerdoodle Cookie ♥ Fresh Fruit</p>	<p>Country Ribs ²³ Macaroni & Cheese Stewed Tomatoes Crusty Bread Fruit Cocktail</p>	<p>Roast Beef/Gravy ²⁴ Baked Potato Casserole Glazed Carrots Garden Salad/Ranch Sourdough Bread Clementine</p>	<p>Omelet with ²⁵ Broccoli Cheese Sauce Veggie Sausage Patty Baby Potato Cakes Fruit Cup Banana Muffin</p>
<p>Spaghetti & Meatballs ²⁸ Parmesan Cheese Chef's Vegetables Italian Bread Fruit Cocktail Graham Crackers</p>	<p>Apricot-Glazed ²⁹ Pork Loin Baked Potato/Sour Cream Peas & Carrots 7-Grain Bread Pineapple Tidbits</p>	<p>Chicken Caesar Salad ³⁰ <i>Romaine, Tomatoes</i> <i>Croutons, Dressing</i> Italian Bread Fresh Orange Lemon Pudding ♥ Lo-Cal Pudding</p>	<p>Roast Turkey/Gravy ³¹ Whole Grain Bun Scalloped Potatoes Southwest Vegetables Cranberry Relish Granola Bar ♥ Fruit</p>	<p>Suggested Contribution \$3.00 60+  ♥ = DIABETIC DESSERT</p>

